**EXAMPLE JOURNAL ENTRY TEMPLATE**

**Journal Entry for 1.5 09/02/12 John Jones Volleyball**

**The main interpersonal skill I displayed today were:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Interpersonal Skill** |  | **Interpersonal Skill** |  |
| Communicating effectively |  | Accepting diversity |  |
| Giving and receiving feedback and feed forward |  | Including others | **√** |
| Supporting and encouraging others | **√** | Negotiating |  |
| Solving problems |  | **Other:** |  |
| Resolving conflict |  | **Other:** |  |
| C0-operating with others | **√** | **Other:** |  |

Today was our first lesson of volleyball. My team did particularly well. I think this was due to our good physical skills, but also due to our good use of interpersonal skills.

The main interpersonal skills that I used today to help my team were ...

These helped my team in a positive way because...

As a result...

An example was when...

Next time I will look to improve on my giving feedback as I think this important for...